

Spinach and Mushroom Enchilada Casserole

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 2 **teaspoons** olive oil
- 1 onion (medium, chopped)
- 2 garlic clove (minced)
- 3 yellow banana chile peppers (seeded, deveined and minced)
- 3 **pounds** mushroom (sliced)
- 1 **1/2 cups** enchilada sauce (14 ounce can, preferably green)
- 8 corn tortillas (6 inch, cut in half)
- 1/4 **teaspoon** salt
- 1/2 **teaspoon** oregano leaves (dried)
- 2 **packages** frozen chopped spinach (10 ounce, thawed)
- 6 **1/2 ounces** reduced fat Monterey jack cheese (grated)

Directions

1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.)
2. Pour half of the enchilada sauce into a 13x9-inch baking dish.
3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	9 g	14%
Protein	15 g	
Carbohydrates	25 g	8%
Dietary Fiber	6 g	24%
Saturated Fat	3.5 g	18%
Sodium	630 mg	26%

tortillas.

4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

Notes

Allow casserole to stand at room temperature 5 minutes before serving. Serve with pinto or black beans and salad.

California Department of Health Services, California's Chefs Cook LeanCalifornia Project LEAN